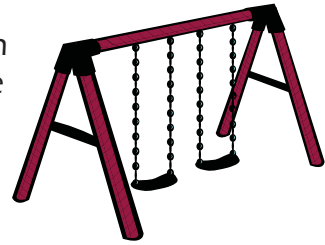


## April ..... Play

The success of the VERB™ campaign has proven that physical activity—play—is good for your children. If they can do it (and love it), so can you! Physical activity doesn't have to be boring or embarrassing or work.



Everybody needs to play. It helps you relax. It motivates creativity. It stimulates the mind by circulating blood to the brain. It relieves stress. It releases endorphins, which make you happy. It helps maintain muscle strength, joints, and bone health. It increases self-esteem. It reduces anxiety. It improves your social well-being and mental health. It can help introduce people to skills such as teamwork, self-discipline, sportsmanship, leadership, and socialization. It may stimulate growth of new brain cells that enhance memory and learning.

### **Other Benefits of Play:**

- ~ Reduces the risk of dying from heart disease or stroke
- ~ Reduces the risk of developing heart disease or colon cancer by up to 50%
- ~ Reduces the risk of developing type II diabetes by 50%
- ~ Helps to prevent/reduce hypertension
- ~ Helps to prevent/reduce osteoporosis, reducing the risk of hip fracture by up to 50% in women
- ~ Reduces the risk of developing lower back pain
- ~ Promotes psychological well-being; reduces stress, anxiety, and feelings of depression and loneliness
- ~ Helps control weight and lowers the risk of becoming obese by 50%
- ~ Helps build and maintain healthy bones, muscles, and joints and helps people with chronic, disabling conditions improve their stamina
- ~ Can help in the management of painful conditions, like back pain or knee pain

## **No wonder kids are so happy—look what they get to do!**

Try some of these with a kid in your life—or with friends, and see if you can “outfun” the kids.

Run through a sprinkler

Jump in puddles

Wash a car by hand

Build a fort

Snow angels or snowmen

Chase balloons or bubbles

Tag

Scavenger hunts

Charades

Red Rover

Duck, Duck, Goose

Hide and Seek

Marco Polo

King of the Mountain

Ride a bicycle

Roller skate

Sledding

Skateboarding

Jump rope

Cops and Robbers

Four-Square

Hopscotch

Catch

Frisbee

Play on a playground

Dance

Water balloon fight

## **Walking**

Walking is an activity that almost anyone can do and gain some benefit from. Adding a walking program can be fun and easy. Here's one way to add walking to your routine—painlessly.

First, invest in a Pedometer.

Week 1: Track your daily steps for one week.

Simply do what you normally do, and use your pedometer to keep track of your steps. Write them in a journal or on your calendar.

Week 2: Increase your steps by 20%. Add up all of your steps from Week 1, then divide by 7. Take that number times 1.2—this is your goal for this week. Continue to track your steps in a journal or calendar.

Week 3: Again, increase your steps by 20%. Add up all of your steps from Week 2, then divide by 7. Take that number times 1.2—this is your goal for this week. Continue to track your steps in a journal or calendar.

Week 4+: Continue as above.

Here are some targets:

10,000 steps per day = long term good health and reduced chronic disease risk

12,000-15,000 steps per day = successful, sustained weight loss

Sources:

World Health Organization

US Department of Health and Human Services

Centers for Disease Control and Prevention

[www.pbs.org/americaswalking/health/health20percentboost.html](http://www.pbs.org/americaswalking/health/health20percentboost.html)

[www.VERBNow.com](http://www.VERBNow.com)

**Centers for Disease Control and Prevention (CDC)**  
**General Physical Activities**  
**Defined by Level of Intensity**

<b><u>Moderate Activity</u></b>	<b><u>Vigorous Activity</u></b>
Walking at a pace of 3 to 4.5 mph on a level surface inside or outside Walking downstairs or on a hill Racewalking at less than 5 mph Using crutches Hiking Bicycling 5 to 9 mph on level terrain Stationary bicycling	Racewalking or aerobic walking at 5+ mph Jogging or running Wheeling your wheelchair Walking or climbing briskly up a hill Backpacking Mountain climbing, rock climbing, rapelling Bicycling at 10+ mph on steep uphill terrain Stationary bicycling using vigorous effort
<b><u>Aerobics</u></b>	
Aerobic dancing, high impact Water aerobics Calisthenics, light Yoga Gymnastics General home exercises, getting up and down from the floor Jumping on a trampoline Using a stair climber machine Using a rowing machine Weight training using free weights, Nautilus, or Universal-type weights Boxing, punching bag	Aerobic dancing, high impact Step aerobics Water jogging Teaching an aerobic dance class Calisthenics – push-ups, pull-ups Karate, judo, tae kwan do, jujitsu Jumping rope Jumping jacks Using a stair climber machine, fast pace Using a rowing machine, fast pace Using an arm cycling machine, fast pace Circuit weight training Boxing, in the ring, sparring Wrestling, competitive
<b><u>Dancing</u></b>	
Ballroom dancing Line dancing Square dancing Folk dancing Modern dancing, disco Ballet	Professional ballroom dancing Square dancing, fast pace Folk dancing, fast pace Clogging

<b><u>Moderate Activity</u></b>	<b><u>Vigorous Activity</u></b>
<b>Sports</b>	
Table tennis, competitive Tennis, doubles Golf, wheeling or carrying clubs Softball, fast or slow pitch Basketball, shooting baskets Coaching children's or adults' sports Volleyball, competitive Playing Frisbee Juggling Curling Cricket, batting and bowling Badminton Archery, nonhunting Fencing	Tennis, singles Wheelchair tennis Football Basketball Soccer Rugby Kickball Field or rollerblade hockey Lacrosse Beach volleyball, on sand court Handball Racquetball Squash Ice hockey
<b>Snow Activities</b>	
Downhill skiing Ice skating, slow pace Snowmobiling Ice sailing	Downhill skiing, racing Ice skating, fast pace Cross-country skiing Sledding, tobogganing
<b>Water Activities</b>	
Swimming, recreational Treading water, slow Diving, springboard or platform Aquatic aerobics Waterskiing Snorkeling Surfing, board or body Canoeing/rowing a boat at <4 mph Rafting, whitewater Sailing, recreational or competition Paddle boating Kayaking, on a lake with calm water Washing/waxing a boat Fishing, walking along a riverbank or wading in a stream	Swimming, laps Synchronized swimming Treading water, Water jogging Water polo Water basketball Scuba diving

<b><u>Moderate Activity</u></b>	<b><u>Vigorous Activity</u></b>
<b>Hunting &amp; Riding</b>	
Hunting deer, large or small game Pheasant and grouse hunting Hunting with a bow and arrow or crossbow,	
<b>Playgrounds</b>	
Playing on school playground equipment, moving about, swinging, or climbing Hopscotch, 4-Square, Dodgeball, T-ball, Tetherball Skateboarding Roller skating or in-line skating, slow pace	Running Skipping rope Jumping rope Jumping jacks Rollerskating or in-line skating, fast pace
<b>Music</b>	
Playing instrument while actively moving Playing in a marching band Playing guitar or drums in a rock band Twirling a baton in a marching band Singing while moving actively about, on stage or in church	Playing a heavy musical instrument while actively running in a marching band
<b>Outdoor Work</b>	
Gardening, raking the lawn, bagging grass or leaves, digging, hoeing, light shoveling, or weeding while standing or bending Planting trees, trimming shrubs and trees, hauling branches, stacking wood Pushing a lawn mower or tiller Shoveling light snow Automobile bodywork Wand washing or waxing a car	Heavy or rapid shoveling Digging ditches Carrying heavy loads Felling trees Carrying large logs Swinging an axe Hand-splitting logs Climbing and trimming trees Pushing a nonmotorized lawn mower Shoveling heavy snow Pushing a disabled car

<b><u>Moderate Activity</u></b>	<b><u>Vigorous Activity</u></b>
<b>Inside Work</b>	
<p>Scrubbing the floor or bathtub while on hands and knees</p> <p>Hanging laundry on a clothesline</p> <p>Sweeping an outdoor area</p> <p>Cleaning out the garage</p> <p>Washing windows</p> <p>Moving light furniture</p> <p>Packing or unpacking boxes</p> <p>Walking and putting household items away</p> <p>Carrying out heavy bags of trash or recyclables</p> <p>Carrying water or firewood</p> <p>Putting groceries away, walking and carrying items &lt;50 lbs</p>	<p>Moving or pushing heavy furniture</p> <p>Carrying items weighing 25 lbs or more up a flight of stairs</p> <p>Shoveling coal into a stove</p> <p>Standing, walking, or walking down a flight of stairs while carrying items weighing &gt;50 lbs</p> <p>Carrying several heavy bags of groceries at one time up a flight of stairs</p> <p>Grocery shopping while carrying children and pushing a full grocery cart</p> <p>Pushing two grocery carts at one time</p>
<b>Taking Care of Others</b>	
<p>Running, walking, or climbing while playing with children</p> <p>Walking, carrying a child weighing &lt; 50 lbs</p> <p>Walking, pushing or pulling a child in a stroller or an adult in a wheelchair</p> <p>Carrying a child weighing &lt; 25 lbs up a flight of stairs</p> <p>Handling uncooperative children</p> <p>Handling several children at once</p> <p>Bathing and dressing an adult</p>	<p>Playing with children – running long distances or playing strenuous games with children</p> <p>Racewalking or jogging while pushing a stroller</p> <p>Carrying an adult or child weighing &gt;25 lbs up a flight of stairs</p> <p>Standing or walking while carrying an adult or child weighing &gt;50 lbs</p>

<b><u>Moderate Activity</u></b>	<b><u>Vigorous Activity</u></b>
<b>Animal Care</b>	
Shoveling grain Feeding farm animals Grooming animals Playing with or training animals Manually milking cows or hooking cows up to milking machines Horseback riding Saddling or grooming a horse	Forking bales of hay or straw Cleaning a barn or stables Carrying animals weighing > 50 lbs Handling or carrying heavy animal-related equipment or tack Horseback riding – galloping, trotting, jumping, or in competition Playing polo
<b>Home Repair</b>	
Cleaning gutters, Caulking Refinishing furniture Sanding floors with a power sander Laying or removing carpet or tile Roofing, Painting inside or outside Wall papering, Scraping, Plastering Remodeling Sawing wood with a power saw	Standing or walking while carrying loads of >50 lbs Taking loads of >25 lbs or more up a flight of stairs or ladder Carrying roofing materials onto the roof Concrete or masonry work Hand sawing hardwoods
<b>Occupational</b>	
Briskly walking on a level surface while carrying a load weighing < 50 lbs Maid services or cleaning services Waiting tables or institutional dishwashing Driving or maneuvering heavy vehicles Operating heavy power tools Electrical work, Plumbing, Carpentry, Drywall Picking fruit from trees, picking veggies Packing boxes for shipping or moving Assembly-line work Mail carriers, walking while carrying a mailbag	Running up a flight of stairs while carrying a suitcase or load weighing >25 lbs Teaching a class or skill requiring active and strenuous participation Firefighting Masonry and heavy construction work Coal mining Using heavy nonpowered tools Most forestry work Moving items professionally Loading and unloading a truck

## Goals for this month



For Me: \_\_\_\_\_

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For Others: \_\_\_\_\_

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How I like to Play: \_\_\_\_\_

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# April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>9</b> 	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> 	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>  <b>30</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

March

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May

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**April 2006**

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# April 2006

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## April 2006

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## April 2006

How I feel about the last month...

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Things I want to remember about last month...

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Things I want to think about...

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## April Observances

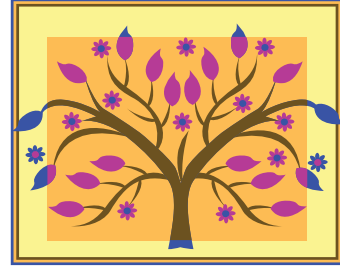
\* Holy days usually begin at sundown the day before this date.

\*\* Local or regional customs may use a variation of this date.

- 1 April Fool's Day
- 2 Daylight Savings Time Begins
- 6 Ramanavami (close of Ramayana) \*\*
- 7 World Health Day
- 9 Palm/Passion Sunday
- 11 Mawlid an Nabi
- 12 Lord's Evening Meal
- 13-20 Pesach (Passover) \*
- 13 Hanuman Jayanti \*\*
- Baisakhi
- Maundy Thursday
- Therevadin Buddhist New Year
- 14 Good Friday
- 15 Lazarus Saturday
- 16 Easter
- Palm Sunday
- 18 Equal Pay Day
- 21 Holy Friday
- First Day of Ridvan
- 23 Easter/Pascha
- St. George's Day
- 25 Yom HaSho'ah
- 26 National Day of Silence
- 28 Arbor Day
- 30 St. James the Great Day
- Alcohol Awareness Month
- Cancer Control Month
- Stress Awareness Month
- Women's Eye Health and Safety Month
- Sexual Assault Awareness Month
- Minority Health Month

## May ... .. Relax

While you're scheduling doctor appointments, soccer practice, dance lessons, and school functions for your significant other, kids, parents, and others; be sure to schedule some time for yourself to do something very important: Nothing. How can you do this? Well...



1. Plan ahead. Schedule time to do Nothing just like you schedule any other appointment.
2. Let people know that you will be unavailable. Just a vague "I'm busy" is enough.
3. Find a place that you like to be and where you can feel unpressured to do anything—your bedroom, a park, your car.
4. Set your watch or alarm clock to go off when your Nothing time is over. (watching the time is distracting, and you should enjoy this time!)
5. Sit quietly by yourself. Feel the breeze, sunshine, the chair you're sitting on. Listen to the birds singing, leaves rustling, or just silence.
6. Clear your mind. Let your brain do Nothing as your body is doing Nothing.

You may be uncomfortable with doing Nothing at first, but remember that you are not being unproductive or irresponsible. Recharging yourself will make you more productive and creative, and better able to concentrate.

### Other Ways to Relax...

Take a bubble bath ~ Listen to your favorite music ~ Pet a cat ~ Read a book or magazine ~ Watch your favorite movie ~ Fingerpaint ~ Play with blocks ~ Walk barefoot in the grass ~ Sit on a porch swing ~ Browse at a bookstore ~ Sit in the sun ~ Walk, jog, or run ~ Eat watermelon and spit out the seeds ~ Play Solitaire ~ Do somersaults ~ Bounce a ball ~ Play with your dog ~ Knit or crochet ~ Watch a baby sleep ~ Carve wood ~ Do a crossword puzzle ~ Garden ~ Play word games ~ Think deep thoughts ~ Write in your journal

## Benefits of Relaxation

- ~ Lowers heart rate and decreases workload of the heart
- ~ Reduces levels of chemicals associated with stress
- ~ Reduces molecules that can cause tissue damage
- ~ Decreases blood pressure
- ~ Increases skin resistance, which is linked with lower stress and anxiety levels
- ~ Lowers cholesterol levels
- ~ Improves flow of air to the lungs
- ~ Decreases the aging process
- ~ Increases brain waves
- ~ Increases creativity
- ~ Decreases depression
- ~ Decreases irritability and moodiness
- ~ Improves learning and memory
- ~ Increases feelings of rejuvenation and vitality
- ~ Increases happiness
- ~ Increases emotional stability

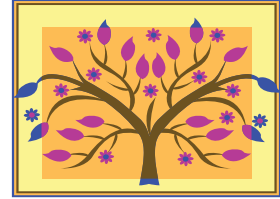
## Deep Breathing

Deep breathing is an instant way to get your control back and relax. Use it whenever you need a quick calming.

1. Lie or sit down.
2. Rest your hands on your abdomen.
3. Slowly count to four and inhale through your nose. Feel your abdomen rise. Hold it for a second.
4. Slowly count to four and exhale through your mouth.
5. Repeat five to ten times.

Sources:  
[www.womenshealth.gov](http://www.womenshealth.gov)

## Goals for this month



For Me: \_\_\_\_\_

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For Others: \_\_\_\_\_

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How I like to Relax: \_\_\_\_\_

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# May 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

April

June

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23	24	25	26	27	28	29		25	26	27	28	29	30	
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# May 2006

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## May 2006

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# May 2006

## National Women's Health Week

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## May 2006

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## May 2006

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## Notes

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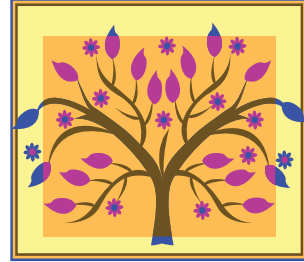
## May 2006

How I feel about the last month...

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Things I want to remember about last month...

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Things I want to think about...

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## May Observances

\* Holy days usually begin at sundown the day before this date.

\*\* Local or regional customs may use a variation of this date.

- 1 Beltane
- 2 Last day of Ridvan
- 3 Saints Philip & James
- 4 National Day of Prayer - USA
- 5 Cinco de Mayo
- 7 World Laughter Day
- 9 National Women's Check Up Day
- 13 Buddha Day - Visakha Puja \*\*
- 14 Mother's Day
- 14-20 National Women's Health Week
- 19 Nebraska Women's Health Symposium
- 20 National Armed Forces Day
- 16 Lag B'Omer
- 23 Declaration of the Bab
- 25 Ascension of Christ
- 29 Ascension of Baha'u'llah
- Memorial Day
- 31 Ascension of Christ

Mental Health Month

Osteoporosis Awareness and Prevention Month

Physical Fitness and Sports Month

Clean Air Month

Asian-Pacific Heritage Month

Arthritis Month

Better Sleep Month

## June ..... Eat

In February 2005, the USDA released the new Food Pyramid. The new guidelines can be customized for your weight, age, and level of physical activity. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information and an interactive tool which you can download and print. These general guidelines will put you on the right path to healthy eating.

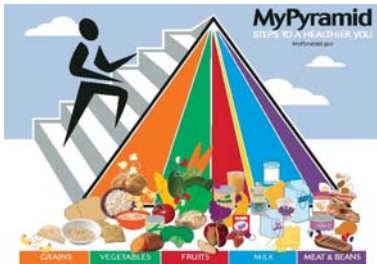


**Grains:** Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day. Look for the word “whole” before the grain name on the list of ingredients.

**Vegetables:** Eat more dark green and orange vegetables. Eat more dry beans and peas.

**Fruits:** Eat a variety of fresh, frozen, canned, or dried fruits. Go easy on fruit juice.

**Milk:** Drink low fat or fat free milk. If you don’t or can’t consume milk, choose lactose free products or other calcium sources.



**Meat & Beans:** Choose low fat or lean meats and poultry, and bake it, broil it, or grill it. Vary your choices and include more fish, peas, beans, nuts, and seeds.

**Oils:** Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, and lard.

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### Don't Forget Water

Water is the most essential nutrient of all. It is the main ingredient in blood, the juices of your digestive system, urine, sweat, saliva, and mucus. It keeps things moving by aiding in digestion, temperature regulation, and lubrication. People need two to three quarts of water every day. You can find water in fruits and vegetables such as grapes, lettuce, oranges, watermelon, celery, cantaloupe, and cucumbers; as well as in low-fat milk, juice, and unsweetened tea.

## Making Sense of Portion Sizes

### Grains

1 cup of potatoes, rice, pasta =  
a tennis ball or an ice cream scoop  
1 pancake = a compact disc (CD)  
½ cup cooked rice = a cupcake  
wrapper full  
1 slice of bread = a cassette tape  
1 cup of cereal = a fist

### Vegetables

1 cup green salad = a baseball or a fist  
1 baked potato = a fist  
¾ cup tomato juice = a small  
Styrofoam cup  
½ cup cooked broccoli = a scoop of ice  
cream or a lightbulb  
½ cup serving = 6 asparagus spears, 7  
or 8 baby carrots or carrot sticks, 1 ear  
of corn on the cob

### Dairy

1 ½ ounces of cheese = a 9-volt battery  
or your index and middle fingers  
1 ounce of cheese = a pair of dice  
1 cup of ice cream = a large scoop the  
size of a baseball

### Fruits

½ cup of grapes (about 15) =  
a lightbulb  
½ cup of fresh fruit = 7 cotton balls  
1 medium size fruit = a tennis ball  
1 cup of cut-up fruit = a fist  
¼ cup raisins = a large egg

### Meat & Beans

2 tablespoons of peanut butter =  
a ping pong ball  
3 ounces of cooked meat, fish, poultry  
= a palm, a deck of cards, a cassette  
tape  
3 ounces grilled or baked fish = a  
checkbook  
3 ounces of cooked chicken = a  
chicken leg and thigh or breast

### Fats, Oils, & Sweets

1 teaspoon butter or margarine = a  
stamp the thickness of your finger or  
a thumb tip  
2 tablespoons salad dressing = a ping  
pong ball

### Snack Foods

1 ounce of nuts or small candies =  
one handful  
1 ounce of chips or pretzels = two  
handfuls  
½ cup of potato chips, crackers, or  
popcorn = one man's handful  
1/3 cup of potato chips, crackers, or  
popcorn = one woman's handful

Sources:  
[kidshealth.org/kid/stay\\_healthy/food/water.html](http://kidshealth.org/kid/stay_healthy/food/water.html)  
[win.niddk.nih.gov](http://win.niddk.nih.gov)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
United States Department of Agriculture

## Controlling Portions at Home

- ~ Take a standard serving out of the package and eat it off of a plate instead of out of a bag or box.
- ~ Avoid eating in front of the TV or while busy with other activities.
- ~ Pay attention to your food and fully enjoy its smells and tastes.
- ~ Eat slowly. Give your brain time to get the message that your stomach is full.
- ~ Take seconds of vegetables or salads instead of higher-fat or higher-calorie parts of a meal such as meats or desserts.
- ~ Cook in large batches and freeze leftovers.
- ~ When you do have a treat, eat only one serving, eat it slowly, and enjoy it.

## Controlling Portions When Eating Out

- ~ Share your meal, eat a half portion, or order an appetizer as a main meal.
- ~ Take half of your meal home.
- ~ Stop eating when you begin to feel full.
- ~ Avoid supersized beverages.

## Chocolate

Even chocolate can be beneficial to your health—**in moderation**. Chocolate contains a large quantity of potassium and magnesium; and contains some calcium, sodium, and vitamins A1, B1, B2, D, and E. It also contains:

**Theobromine:** stimulates the central nervous system, facilitates muscular exertion, and acts as a diuretic and appetite suppressant

**Caffeine:** increases resistance to fatigue, increases intellectual activity and watchfulness

**Phenylethylamine:** the chemical that is released in our bodies when we fall in love

**Tryptophan:** an essential amino acid that increases the production of serotonin, which is an antidepressant and natural stress reducer

**Endorphins:** released by the brain, elevating mood and reducing pain

**Phenols:** may help reduce the risk of heart disease

**Catechins:** antioxidants that may help protect the body from cardiovascular disease and cancer

**Anandamide:** produces a feeling of well-being

## Goals for this month



For Me: \_\_\_\_\_

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For Others: \_\_\_\_\_

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What I like to Eat: \_\_\_\_\_

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July							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						



## June 2006

**THU**  
**1**

**FRI**  
**2**

**SAT**  
**3**



## June 2006

**SUN**  
**4**

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**MON**  
**5**

---

**TUE**  
**6**

---

**WED**  
**7**

---

**THU**  
**8**

---

**FRI**  
**9**

---

**SAT**  
**10**

---



## June 2006

**SUN**  
**11**

---

**MON**  
**12**

---

**TUE**  
**13**

---

**WED**  
**14**

---

**THU**  
**15**

---

**FRI**  
**16**

---

**SAT**  
**17**

---



## June 2006

**SUN**  
**18**

---

**MON**  
**19**

---

**TUE**  
**20**

---

**WED**  
**21**

---

**THU**  
**22**

---

**FRI**  
**23**

---

**SAT**  
**24**

---



## June 2006

**SUN**  
**25**

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**MON**  
**26**

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**TUE**  
**27**

---

**WED**  
**28**

---

**THU**  
**29**

---

**FRI**  
**30**

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Notes

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## June 2006

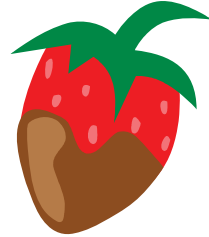
How I feel about the last month...

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Things I want to remember about last month...

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Things I want to think about...

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## June Observances

\* Holy days usually begin at sundown the day before this date.

\*\* Local or regional customs may use a variation of this date.

- |    |  |
|----|--|
| 1  | Ascension of Jesus                               |
| 2  | Shavuot *  |
| 4  | Pentecost  |
| 9  | St. Columba of Iona                              |
| 11 | Trinity<br>Pentecost                             |
| 14 | Flag Day   |
| 15 | Corpus Christi                                   |
| 16 | Guru Arjan martyrdom                             |
| 18 | All Saints<br>Father's Day                       |
| 19 | Juneteenth<br>New Church Day                     |
| 20 | World Refugee Day                                |
| 21 | First Nations Day<br>Midsummer - Summer Solstice |
| 23 | Sacred Heart of Jesus                            |
| 29 | Feast Day of Saints Peter and Paul               |

Home Safety Month  
Fireworks Safety Month  
Fresh Fruit and Vegetable Month  
Dairy Month  
Drive Safe Month